

# Protein

## Why do we need it?

Proteins are part of our skin, muscles, bones and organs. We need a constant supply of proteins to keep our bodies in good working order and repair body cells as they wear out. Proteins are also important in protecting us from bacteria and viruses. Protein can provide energy if we do not get enough from the carbohydrate and fat that we eat.

## Good sources of protein:



meat  
poultry  
fish



milk  
cheese  
yogurt



soy products  
eggs



beans, peas, lentils  
seeds  
nuts



## How much do we need?

Adult men and women usually need 2-3 servings of meat or an equivalent per day. Any extra protein will be stored in the body as fat.

### What is a serving?

2-3 ounces of meat, poultry or fish  
1 egg  
½ cup cooked beans, lentils or peas  
1 ounce of nuts or seeds  
2 tablespoons of peanut butter  
8 ounces of lowfat milk or yogurt  
1 ½ ounces of natural cheese or 2 ounces of processed cheese

